

Native People of Sudbury Development Corporation

Fall Newsletter

October-November 2010

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Native People of Sudbury Development Corporation Board & Staff

Volunteer Board Members

- Catherine Debassige President
- William Kinoshameg Vice-President
- Kevin FitzMaurice Treasurer
- George DeLongchamp Director
- Rebecca McGregor Honorary Director



- James King-Séguin
- Marilyn Cada
- Douglas Chabot
- Paula Croteau

Staff

- Executive Director / Non-Voting Secretary
- Executive Assistant
- Maintenance Supervisor
- Native Tenant Liaison Officer



Corporate Changes

At the last NPSDC Annual General Meeting which was held in July 2010, Native People of Sudbury Development Corporation had some changes to the volunteer Board of Directors. After many years of service, both Susan Bruce and Hannu Piironen decided to volunteer with other organizations. James Fortin, a Director for several years also decided to leave the corporation. Native People of Sudbury Development Corporation will miss their wisdom and expertise. We extend our thanks to these individuals for their past years of support and dedication.



Dr. Kevin FitzMaurice

Our newest Board member is Dr. Kevin FitzMaurice. Kevin has been teaching in the discipline of Native Studies for the past thirteen years. He is a graduate of Trent's Indigenous Studies doctoral program and an ongoing student of Anishnaabe/Cree knowledge. Kevin began teaching as an Instructor with Trent University's Indigenous Studies department and is now an Assistant Professor at the University of Sudbury, Native Studies where he specializes in Canadian politics and Aboriginal peoples, Aboriginal governance, child welfare, criminal justice, urbanization, and Native critical theory. He is presently involved in community based, interdisciplinary research in the areas of housing, homelessness, urbanization, and Aboriginal governance. **Welcome aboard Kevin!**



Each month tenants can WIN a \$50 food gift card if their rent is paid by the end of the first business day of the month! *Paying rent on time pays!*

Pay & Win Draw Winners...



Our winning tenant for the month of July 2010 was Kimberly Abel



Rebecca Gilbert won the Pay & Win Draw in August 2010



Our Pay & Win winner for the month of September 2010 was Jennifer Longhi.



Marcella Debassige won the Pay & Win Draw in October 2010

P.L.A.Y. (Positive Leisure Activities for Youth)



Do your children love to play sports? Do you wish you could enrol them in an activity that they will enjoy? If so, contact *The Human League Association*. They offer financial assistance to families to pay for the program or sports equipment. Children are given the opportunity to participate in programs with others their own age and have fun. Some activities include boxing, football, swimming lessons, skating, martial arts, modeling, hockey and many more. There are activities available for the winter months as well. To qualify for funding assistance, families need to first have the activity authorized by the *P.L.A.Y. program*. Applications and more information about the program can also be found on the internet at: <http://www.humanleague.on.ca> or call 670-8633.



Reduced Income Could Result in Reduced Rent

Section #7 of the NPSDC lease states:

“Should the tenant be or at any time during this lease become, or cease to become, a recipient of financial assistance or of an allowance under applicable federal, provincial or municipal legislation, the Landlord may revise the amount of his rent as a result thereof. The tenant shall, upon, such occurrence immediately furnish the Landlord with the material discussed in paragraph 6 (of the lease).”

Section #6 of your lease indicates 'that the tenant shall furnish the Landlord all supporting material showing details of correct income. Once all the income information has been submitted the Landlord will then advise the tenant of any revisions to his monthly rental amount.'

If you experience a significant decrease in household income, you should contact our office to report this change so we can begin the process to determine if you are eligible for a reduction in your rental charge. Remember to always keep ALL of your pay stubs and income information to make this process easier.

Locked Out of Your Unit?

Sometimes tenants lose or misplace the keys for their unit and are locked out. Section # 15 (p) of the lease states that the tenant shall “...pay the Landlord at least a sum of \$35 in the event that the Tenant misplaces or loses the keys for the unit and the Landlord is required to unlock the door to the residence at the request of the Tenant. This fee will be more if the landlord is not able to attend and a contractor is called to unlock the door—in such a cases the Tenant is responsible to pay the entire cost to attend for the service call. The Tenant is also responsible for reimbursing the Landlord for the cost of new keys for the apartment, and the cost of new locks if the original keys can not be found by the Tenant or if the Tenant wants the locks changed.” In order to avoid any charges the tenants should keep a 2nd set of keys in a safe place or with a family member in the event they get locked out. Also, too, there is no guarantee there will be same day service for lock outs—especially if they happen on a holiday!

COMMUNITY LIVING — Clothing for the Community

Do you have old clothes, toys, books bedding, small appliances or knick knacks lying around the house that you want to get rid of? The



Community Living organization is a great way to clear out your closets. This organization will pick up various household items at your house so long as it is neatly packaged and ready for pick-up!

For collection call 1-866-424-4484.

RECYCLE - it saves our planet



Sudbury has had a recycling program for many years, beginning with the introduction of the Blue Box. Numerous items including plastic containers, paper, polystyrene foam trays and packing materials, plastic bags, cardboard and glass



bottles are some of the many things that can be recycled.

Last year, Sudbury residents were issued green composting bins. By using these bins weekly garbage consumption is drastically reduced. Vegetable peelings, egg shells, bread, coffee grinds, tea bags, bones and table scraps are all examples of items that can be put in the bins and placed at the road on garbage day along with the regular garbage.

If we all take part in practising the 3 R's, Reduce, Reuse and Recycle we can help our environment! You may call 3-1-1 to request a blue box. Regular size blue boxes are free of charge, however the green bins and the larger blue boxes are \$17 each.



General Maintenance Issues



Occasionally our office discovers a unit has been damaged by individuals who have defaced the walls or ceilings. Fortunately, most tenants realize that absolutely NO writing, painting or drawing on the walls or ceilings is permitted. Section # 15 (m) of the rental agreement states:

"The tenant agrees not to damage or deface any walls, roof or woodwork" Tenants who violate this clause are billed to repair the damages.

Emergency plumbing, electrical and heating repairs should immediately be called into the NPSDC office. Routine Maintenance issues should be reported to the NPSDC office in accordance with Section 15(b) of the NPSDC lease which reads as follows:

"tenants will inform our office immediately in writing of any items in need of repair."

The NPSDC office can better coordinate repairs with the cooperation of our tenants. Tenants who have access to a computer can email the office a list of items needing repair at info@nativehousing.org.

Items not reported which result in additional damage to the unit could result in the tenant being held responsible for the costs.

Service and Repair Call Protocol

When a contractor is called to a unit for repairs, the tenant is often asked to sign-off on the work invoice which states how long the contractor was at their unit and provides a description of the work completed.

Prior to signing the invoice, tenants are encouraged to ensure the proper information is recorded on it. It is important to verify the amount of time that the contractor was at the unit and what work that was done. If information is recorded incorrectly the charge could be too high, resulting in unnecessary expense.

Also, it is important to note that if a tenant states that he or she will be home for a service call and they are not present when the contractor arrives, the tenant could be charged for the call.

Preventing Mould



Help to prevent mould growth by doing the following:

1. Immediately report any identifying leaks or water damage to the Maintenance Supervisor.
2. Inspect walls and windows for signs of moisture to ensure excessive condensation is not creating water damage in the unit. Reduce humidity in the unit by utilizing fans in the bathroom, and while cooking use the range fan.
3. Do not place furniture, boxes or other items tight against an exterior wall. Leave a space.
4. Contact our office immediately if you notice any mould in your unit so we can take measures to eliminate the problem.

Oven and Stove-top Cleaning Tips



Keeping the stove-top and oven clean can prevent some grease fires and helps to keep the appliance in good condition. Cleaning the stove on a regular basis is a tenant responsibility.

The oven should be cleaned whenever grease and debris starts to build up on the inside surfaces. There are many cleaning products on the market to help with this task, among them are brands such as Easy-Off Oven Cleaner, and Mr. Muscle. Follow the cleaning instructions on the product for safe use. It also helps to put old newspaper on the floor under the oven door to absorb any cleaners that may spill onto the floor. Oven liners, which are large disposable foil trays, can be purchased at dollar stores. Placing an oven liner at the bottom of the oven can help to catch food drippings, and can save a lot of scrubbing time!



The top of the stove should be kept clean daily after each use—this helps to avoid baked-on foods and spills. Clean the element rims and drip trays frequently. Disposable foil “burner savers” can be purchased at dollar stores to help protect the element trays from excess food spillage. Do not forget to clean under the burner trays too—especially if food spills or boils over!



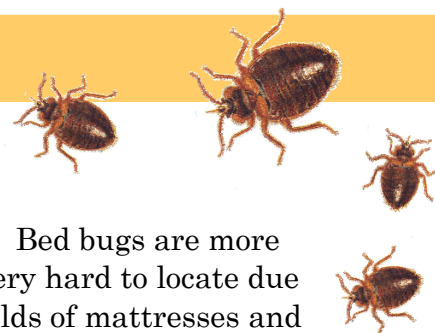
Disposable Burner Savers



TENANTS

Keep your **smoke detectors** plugged in and “on” at all times for your safety and the safety of everyone else in your home! It’s the *LAW*! If you need batteries for your smoke or carbon monoxide detectors, call the Native People of Sudbury Development Corporation office at 674-9996 for *free* replacements. Test your detectors weekly!

Don't Let the Bed Bugs Bite!



If you suspect that you may be plagued by these tiny, wingless insects please contact our office immediately. Bed bugs are oval in shape and flat, but once they are full of blood, they tend to look like a dark oval piece of rice. Bed bugs are more active at night and normally feed on the victim's neck and arms. They are very hard to locate due to their tiny size and they hide in very small areas such as seams, creases, folds of mattresses and box springs, along baseboards, bed frames, chairs, couches, rugs, behind electrical plates, under posters and loose wallpaper. Because Bed bugs are so small, they can easily hitch rides on items purchased at yard and rummage sales. They are sometimes even found in movie theatres, taxis and buses! Hotels and hostels are prime breeding grounds for bed bugs.

If you suspect you may have these pests, there are some signs you may notice. Bed bugs leave dried blood and faecal spots on mattresses, sheets, and on the walls located near the bed. You may also notice exoskeletons cast off with these focal stains. The more obvious signs are red, itchy skin welts from being bit.

If you think you may have an infestation, immediately contact the office. Our office will ask the tenants to reduce any clutter so the pest control specialist can treat the unit and to eliminate areas where bed bugs may hide. All washable items located in the contaminated area need to be washed at the highest possible temperature and bagged in sealed plastic bags immediately after being washed. Vacuum crevices and ensure the vacuum bag is immediately disposed of outside the unit once vacuuming is completed. This will assist in alleviating an infestation. If you are uncertain or have questions please contact our office.

Tenant Insurance

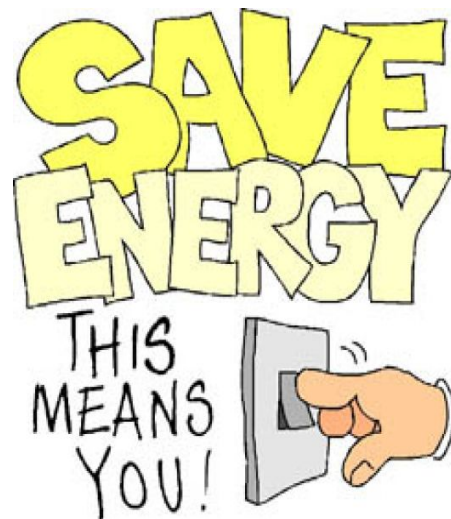
Tenants can purchase insurance for their personal belongings. Our corporation holds insurance only for the building. This means that if a fire or flood occurs, the tenants' personal belongings are NOT covered by NPSDC insurance.

Tenants who receive social assistance and purchase content insurance for their belongings can qualify to have the monthly premium deducted from their rental charges when the Annual Income Verification is completed. Tenants need to provide our office with their current insurance information showing the monthly premium along with evidence they are receiving social assistance to qualify for this deduction.

You Have the Power... to Save

Everyone knows that you should *turn off the lights whenever you leave a room*. Here are a few more tips that could reduce energy consumption and help keep costs down:

1. Utilize low watt or energy efficient light bulbs whenever possible. ONLY use proper wattage bulbs to prevent fire hazards. 40 or 60 Watt bulbs are often recommended.
2. Use lamps or range hood lights rather than lighting the entire room for small tasks.
3. Use night lights to save energy at night.
4. Keep the thermostat set at 68 to 70 degrees Fahrenheit or about 20 degrees Celsius. Keep windows and doors closed.



2010 Coats for Kids Campaign

The United Way will be organizing the Coats for Kids campaign. This campaign gathers gently used coats, snow suits, mitts and hats and distributes the clothing to families in Sudbury. Again, the campaign will be located in the Rainbow Centre, downtown Sudbury. The campaign will begin October 3 to November 17, 2010 inclusive. Hours of operation are 10 a.m. to 4 p.m. Monday, Tuesday, Wednesday and Friday. Thursday are 10 a.m. to 7 p.m.

MCTV Lions Children's Christmas Telethon

Any tenants interested in obtaining gifts for their children from the telethon this year should contact the NPSDC office to get their name on the list for assistance. Our office will complete the forms on behalf of tenants and submit them to the MCTV Lions Telethon.



Shkagamik-Kwe Health Centre *Healthy Choices Program*

The *Healthy Choice Program* is designed to assist Aboriginal families with children 0– 6 years of age.

The program offers a nutritional component support and ideas such as: Weekly Community Kitchen and Monthly Nutritional Workshops and seasonal events including berry picking and jam making, trips to the pumpkin patch, children's cooking class, Christmas cooking and a Christmas Banquet.

Many other programs are offered through the Health Centre such as:

Traditional Healing Methods, Pre and Post Natal Care and Support; Home and Hospital Visits; Foot Care; Mental Health Counselling; Circle Support; Health Education and Promotion; Advocacy; Community Liaison and Referrals

For More Information on Programming please call *Shkagamik-Kwe Health Centre* at 750-675-1596

Christmas Hampers—Salvation Army

The Salvation Army once again will be organizing the Christmas Food Hampers. Note that before going to the Salvation Army to apply for a Food Hamper, individuals will require income statements, rent receipts and identification for ALL household members. Also bring evidence of current utility, heating, water bills, and transportation expenses (bus pass). Without this information, the staff at the Salvation Army cannot process your request. The following are the times and dates to obtain your Christmas Hamper:

Intake begins November 1 to November 12 from 1 to 4 pm. Monday to Friday.

Hamper pick up for Families ONLY are: December 13, 14, 16 and 17, 2010.

Single individuals can pick up their hampers on December 15th, 2010.

The Deadline for applying for a hamper is November 12, 2010. You may call the Salvation Army at 566-8151 for more details.

Espanola Christmas Hampers



Once again this year, the Elks Club of Espanola is organizing Christmas Food Hampers which will be distributed to needy residents of Espanola.

Intake begins at the Elks Club located at 539 Second Avenue on November 25, 26 and 27, 2010 between the hours of 2 p.m. to 4 p.m.

Distribution of the hampers will take place December 18, 2010 between 8:30 a.m. and 11:30 a.m.

Exercise your mind...Read a book tonight!

Satellite Dishes

Before a satellite dish can be installed at a NPSDC unit the tenant must first obtain written permission from the landlord. If permission is granted, the tenant must ensure that the satellite dish is installed in a location pre-determined by the landlord in writing. The tenant is responsible for all installation and removal costs associated with the satellite dish. The tenant is also responsible for all damages caused to the rental premises by the installation or removal of the satellite dish. Satellite dishes can *NEVER* be installed on a roof.



HALLOWEEN TREATS...MMMMMM

Ghouls and goblins will soon be carving their pumpkins to scare up our neighbourhoods for their annual candy collection. A great way to utilize the pumpkin seeds after the carving, is to roast these tasty treats. Here is a spicy recipe you may want to try.

Cajun Spiced Roasted Pumpkin Seeds

1 cup of pumpkin seeds

1 scant teaspoon Cajun seasoning, or to taste

Paprika, for more colour, if desired

A little salt, depending on the saltiness of the seasoning

2 dashes Worcestershire sauce

1 tablespoon melted butter or vegetable oil

Toss seasoning on completely dried seeds. Combine butter and Worcestershire sauce; stir seeds until well blended and coated. Bake seeds at 300 degrees, turning from time to time for about 45 to 60 minutes or until browned and crunchy. *Enjoy!*



Calling All Youth

The Aboriginal Financial Officers Association of Canada (AFOA) and Meyers Norris Penny LLP are encouraging Aboriginal youth in grades 11 and 12 (19 years old and younger) to participate in the **5th Annual AFOA-MNP Aboriginal Youth Financial Management Awards**.

Awards: Three students in grades 11 and/or 12 will be selected to attend the AFOA's National Conference in Vancouver, British Columbia to participate in a special Youth Program from February 14 to 18, 2011. Details of the program can be found online at the AFOA website. The three students who are selected will also receive media coverage, a commemorative plaque and have their essays published in a booklet to be distributed at the conference.

The steps to apply for this unique opportunity is as follows:

1. Students are required to submit a short essay (1500 words) on the subject of "The challenges many Aboriginal communities face are often linked to a shortage of management and financial leadership within their administration. Describe why it's important to pursue a career in these fields, how you would use your skills to make a difference in your community and how you would lead others in your community to follow a similar path."
2. The student's teacher needs to submit a letter attesting to the student's performance and commitment
3. The student needs to provide the following: student's name, age, grade and contact details as well as the school name and location, and the teacher's name and contact information.

Submit this information to AFOA c/o Aboriginal Link, P.O. Box 50058, 17-2595 Main Street, Winnipeg, Manitoba R2V 4W3 or fax to 1-866-780-2188, or email to AFOA@GoToApply.ca. All submissions must be received by 5:00 p.m. EST January 12, 2011. Call 1-866-722-2362 or visit www.GoToApply.ca/AFOA for more details. Good Luck to all who apply!



Native People of Sudbury
Development Corporation
68 Xavier Street
Sudbury, Ontario
P3C 2B9

Phone: 705-674-9996 or
1-800-300-6713

Fax: 705-674-8056

Email: info@nativehousing.org



**Interac is
accepted
for rent
payments!**

**Interested in
renting a unit in
Sudbury or
Espanola?**

**Call 674-9996 or
visit our web site to
apply!**

www.nativehousing.org

Mail To:

NOTICE to ALL NPSDC TENANTS:
Annual furnace cleaning has started at NPSDC units.
Tenants will be notified of cleaning dates by letter.
Questions? Please call 674-9996.

Disclaimer

Although every effort has been made to ensure the accuracy of the information which appears in this newsletter, Native People of Sudbury Development Corporation assumes no liability or responsibility for any errors or omissions which may occur whether due to negligence or otherwise. It is strongly recommended that prior to traveling to any event listed in this newsletter, the interested party contact the organization hosting the event to confirm the date and time.

The Kids Help Phone

The *Kids Help Phone* is a 24 hour, 7 days per week program that assists kids and teens who are experiencing violence and abuse, bullying, information on friends, dating, family, school, physical and emotional health, internet protection and living on your own experiences. This help line is strictly confidential and allows the callers to remain anonymous.

Call *free* by dialling **1-800-668-6868** or go online at www.kidshelpphone.ca

**KIDS HELP PHONE
JEUNESSE, J'ÉCOUTE**



1-800-668-6868